

Food groups.



Put these foods into the right group.

milk, margarine, apple, egg,

fish, peas, fried food, toast,

biscuits, lettuce, nuts, burger, potatoes,

chicken, cake, cheese, carrots, chips,

yoghurt, mars bar, pepsi,

cheese slices.

carbohydrate	protein
fats	vitamins / minerals



Write down all the foods you like and then try and put them into the right group.